

Computers and phones are more unsafe than ever these days. Practicing staying offline will increase security.

You can install batocera (Linux os) which turns your computer in to a game console. Google for more info.

Status:

Able to have excitement and gaming and music. A game console, phone and android (for documents and music) tablet is what I generally stick too. The computer is back as it causes government delusions of control too far. This means I have to keep my setup simple as possible. I have only an android box for emulation. I even limit what I use it for as too much troubleshooting causes too much of an interruption of the overall excitement.

Xbox Series X will play some of the games you enjoy offline (all my favourite games work offline). Emulationstation can use folder shortcuts if the PC game does not launch off it

By doing this the organs allow more chemistry flow and more excitement. This lightens the workload for my brain. Why bother to keep fighting the situation to use a PC as a first frontline use of technology when the brain shuts down excitement, shuts down organ regulation.

Solution: Comprehension and Control and technology which provides a more automated feel. Game consoles, android devices are the frontline of technology instead of my Windows PC.

This provides more excitement and interactions. I do not generally at all speak to anyone online either. Dream state needs to stay in control of activity if you have lost your mind too far. If you use a computer for music I suggest you use a tablet or phone instead. If your speakers do not support Bluetooth then eBay sells adapters to turn speakers in to Bluetooth devices. If you are not sure check YouTube or Google for more information.

You may even have to give up the computer completely but make sure you can still access someone else's PC if you need to use a computer. What I did was throw out the laptops and distort the pins on my PC mainboard to stop it from working.

Make sure you do not put up advertisements on the walls unless you need this can causes symptoms to play up. This is what happened to me but it is your decision. This includes chemistry products too as you need to understand negative symptoms of schizophrenia cause the algorithms to change which is why there are so many

solutions offered for chemistry generation.